

Event: **Wolverine Open (High School)**

Date: **March 26, 2009**

Time: **5:30 p.m.**

Location: **Western Hills High School Frankfort Ky 100 Doctors Drive.**

Host: **Coach Christian Adair adair.christian@gmail.com**

Teams: Montgomery County, Owen County, Henry Clay, Frankfort High, Paris High, Scott County, Larue County, Carroll County, Sayers, Bourbon County, East Jessamine HS, Burgin High.

NOTES: Meet is free, however you are required to provide a representative from your organization to manage one of the events.

Entry information: Send your hy-tek roster to fmiklavcic@AOL.COM; Frank will post your team numbers on the list serve. You must write the number on the right hand of the athlete to enter the facility and events. Meet will run on a rolling schedule. Meet rules are KTCCCA/ KSHAA rules.

Check in for all running track events are next to concession stand.

Check in for field events are at event location.

1. **3200 meter relay**- waterfall starting line, exchange zone between large green blocks.
2. **100 hurdles** – Girls – start 2nd white line, hurdle placed at yellow track mark on bottom notch.
3. **110 hurdles**- 1st white starting line, hurdles placed at blue track mark; hurdle setting 2nd notches from top.
4. **100 meters sprint** -2nd white starting line.
5. **800-meter relays** - starting line-red, first two exchange zones are red to red, last exchange is yellow to yellow, we will need a coach at each exchange zone.
6. **1600-meter run**- water fall starting line.
7. **400 meter relay** – individual white starting line, exchange zones are yellow to yellow all around the track, will need a coach at each exchange.
8. **400 meter dash** – individual white starting line.
9. **300 low hurdles** - girls, bottom notch, and hurdles placed at red marks, need coaches to help set up and monitor race.
10. **300 Intermediate hurdles** - boys, 2nd notch from bottom, placed at red marks, need coaches to clear hurdles after race and monitor race.
11. **800 meter run**- waterfall starting line.
12. **200 meter sprint** –individual white starting line at 3rd turn.
13. **3200 meter run TENTATIVELY depends on time**- waterfall starting line - B&G together.
14. **1600 meter relay** - starting line individual white, exchange zones are blue to blue, #2 can cut in when clear, #3, #4 are California exchange.